



# ROADS

Vol. 3, No. 2

Jan. 9, 1998

Lajes Field, Azores

www.lajes.af.mil/  
pa/65thpa.htm

# CROSS

U.S. Air  
Force  
CORE  
VALUES



- Integrity  
First
- Service  
Before  
Self
- Excel-  
lence  
In All  
We Do



Filomena Silva and MSgt. John Dittig, 65th Medical Group, check inventory accuracy in the medical logistics warehouse. The group's logistics team received the Air Force 1997 special team award.

## Medical unit receives 1997 Air Force-level team award

**SSgt. Rosaire Bushey**  
*Editor*

Even though it's been a busy year for the 65th Medical Group, the Air Force thinks they've done a pretty good job. December 10 word came down that the 65th MG Logistics team received the Air Force 1997 Outstanding Medical Logistics Special Team Award.

This is the second time in as many years the group has won the Air Force level award. Also this year, team leader, 1st Lt. Bryan Woolley received the 1997 Air Combat Command Director of Medical Logistics Award.

The award, according to MSgt. John Dittig, superintendent medical support squadron/medical logistics, is for a medical logistics unit that has performed a specific special achieve-

ment. Last year, he said, it involved operating the old hospital after a catastrophic power failure. This year, it involved the move into the new medical facility.

"There's a lot of work that goes into making a move like this smooth," Dittig said. "Everyone of the 10 team members listed in the award and a lot of people not mentioned made it happen. It was done largely because of the group's leadership and the way we tackle the mission."

Dittig said everyone involved gets a voice and no one's ideas are shoved aside or remain uninvestigated.

"It's boils down to teamwork. We all work with one goal in mind - to take care of our customers and nobody

## Briefs

### MLK Jr. Day

The African-American Awareness Committee will sponsor a luncheon in honor of Dr. Martin Luther King Jr., Thursday from 11 a.m. to 1 p.m. in the club ballroom. The buffet style menu will include hot roast beef and Portuguese chicken and cost \$7.25 for members and \$9.25 for non-members. Guest speaker for the event will be Lt. Col. Roy Ruff Jr., 65th Medical Group Commander. People should reserve seats by Saturday. For more information, call Gracie Jones at Ext. 28581, Keisha Yarbrough at Ext. 28770 or Lynette Monette at Ext. 28637.

### Lunch and Learn

The education office is sponsoring two lunch and learn series covering the topic of terrorism. One is scheduled for Jan. 20 and the other Jan. 22 from noon to 1 p.m. at the community activities center.

The topic Jan. 20 will be "understanding terrorism" and Jan. 22's topic will be "new terrorist challenges."

The speaker will be Dr. Vittorfranco Pisano, who will be here teaching a terrorism course for Troy State University. Pisano is a retired U.S. Army colonel and currently an adjunct professor of International Relations with Troy State University. He specializes in government and unconventional conflict and is the author of three books and more than 90 essays on matters related to terrorism. Everyone is welcome to attend. For more information, call Pat Conley at Ext. 23375.

### School closures, events

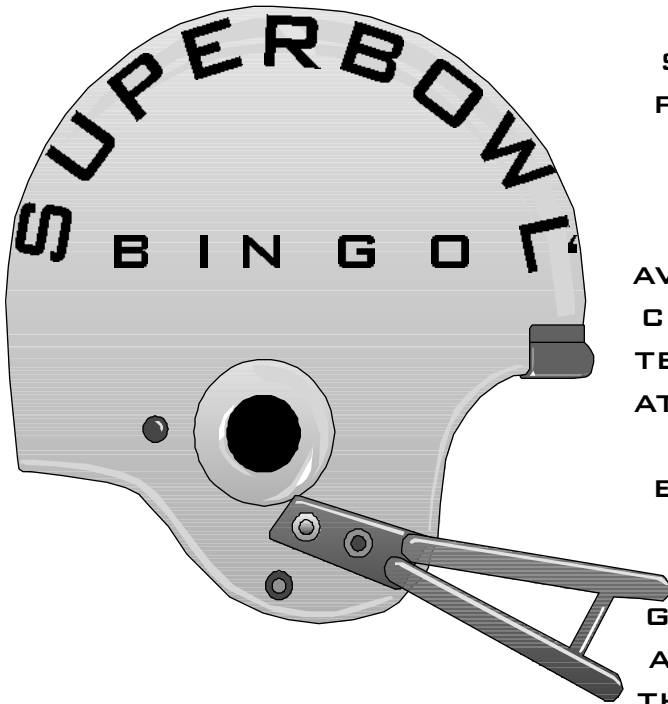
The elementary school will be closed on the following days in January — Wednesday, Jan. 23 and 28.

The high school will be closed Jan. 23.

A teen radio show will air on Island 96.1 FM Jan. 17 from 10 a.m. to noon.

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*Continued on Page 3*



SATURDAY AT 6  
P.M. AT THE TOP  
OF THE ROCK  
CLUB.

TICKETS  
AVAILABLE AT THE  
COMMUNITY CEN-  
TER - \$40 OR \$50  
AT THE DOOR THE  
DAY OF THE  
EVENT. \$10,000  
IN PRIZES  
INCLUDING A  
GRAND PRIZE OF  
A TRIP FOR 2 TO  
THE SUPERBOWL.

## police blotter

The police blotters are true incidents which have affected the members of Lajes Field for the period of Dec. 30 to Jan. 7.

### ASSAULT

Jan. 3 — The spouse of a civilian was assaulted by another civilian after a fight in thier base quarters.

### DAMAGE TO GOVT. PROPERTY

Jan. 1 — T-130, dormitory. The push bar of one door and the hydraulic door closing mechanism of another door were damaged.

### BREAKING & ENTERING - THEFT OF PROPERTY

Jan. 3 — Persons unknown had broken into Bldg. T-241, the old hospital, and stolen several personal items. Entry was gained through several of the windows and hatches were broken off.

### LARCENY

Jan. 1 — Theft of private property, off base. A spouses had her purse stolen at Wally's bar in Lajes.

### UNSECURED BUILDINGS

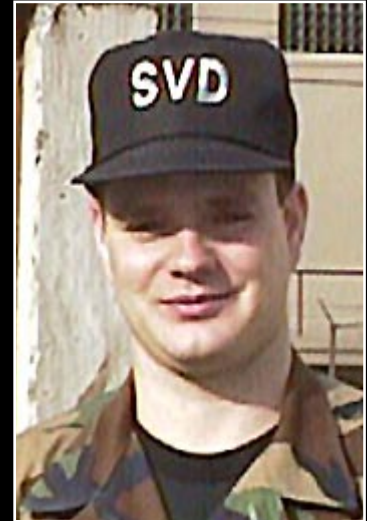
Jan. 1 — T-202, Pentagon Federal Credit Union

Jan. 1 — T-810, 65th Operations Support Squadron

Jan. 1 — T-307, Community center

Incident	Dec. 30 - Jan. 7	98 CYTD	97 Total
Assaults	0	0	13
Domestic assaults	1	1	04
Burglary	0	0	35
B&E/sheds	0	0	30
B&E/Govt. Bldgs.	1	1	34
Larceny	0	0	140
Unsecured buildings	3	3	167
Vehicle accidents	2	2	91
DUI	0	0	3
Vandalism	0	0	75

## Lajes Team Player



SrA. Carl Swartz

Unit - 65th Services Division

DEROS - December 1999

How do you contribute to the Team

Lajes mission - By providing food service to all transient air crews, deploying forces, base military members and local nationals

Like least about Lajes - The unpredictable weather.

Like most about Lajes - The many interesting places to explore and the beautiful scenery.

## Sorties

Dec. 29 - Jan. 4

ACC - 0

AMC - 4

DOD - 4

ALLIED - 1

## DUI

Last DUI - Sept. 15

Days without a

DUI - 116



# Team Lajes...

## Graduates

The following people graduated from the McGuire NCO Academy Dec. 11.

**TSgt. Anthony Aubrey** and **TSgt. Theodore Kennedy III**, 65th Transportation Squadron; **TSgt. Kevin Clark**, 629th Air Mobility Support Squadron; **TSgt. John Rowlett**, 65th Operations Support Squadron; and **TSgt. Gerald Weaver**, 65th Contracting Squadron.

Thanks

The staff of the base chapel would like to thank everyone who donated cookies for the cookie drive for dorm residents over the holiday season.

## Promotions

### 65th Communications Squadron

The following people put on the rank indicated Jan. 1. They are: **SSgt. Adan Aguillon**, **SrA. Shannon St Martin**, **A1C Devin Ashford**, **A1C John Campos**, **A1C Kim Haydu**, **A1C Ann Hoffman** and **SrA. Rob Kessler**

## Awards

### 65th Civil Engineer Squadron

The following people were the recipients of the 65th CES Quarterly Awards in the following categories.

Local National Civilian, Category 1 - **Manuel Tavares**

Local National Civilian, Category 2 - **Joao Branco**

U.S. Civilian, Category 1 - **Chris Jackson**

U.S. Civilian, Category 2 - **Hilda Villela-Davis**

Airman - **SrA. Charles Collins**

NCO - **SSgt. Richard Thomas**

Senior NCO - **MSgt. Tony Bryant**  
Company Grade Officer - **Capt. Carolyn Langley**

The following people are the 65th CES annual award winners:

Airman - **SrA. John Nugent**

NCO - **TSgt. Keith Yoakam**

SNCO - **MSgt. Dan Rohrbach**

CGO - **Capt. Jeff Heiderscheidt**

Local National Civilian, category 1 - **Carlos Bettencourt**

Local National Civilian - category 2 - **Antonio Albino Avila**

U.S. Civilian category 1 - **Mari Bautista**

U.S. Civilian category 2 - **Roger Lissenden**

**65th Supply Squadron**

The following people received supply quarterly awards in the following categories:

Airman - **SrA. Christine Boysen**

NCO - **TSgt. Robert Wagner**

Sr. NCO - **MSgt. Thomas Harmon**

Category 2 Civilian - **Clara Avila**

Category 1 Civilian - **Jaime Silva**

The following are supply annual award winners for 1997 in the following categories:

Airman - **SrA. Joseph Funderburg**

NCO - **SSgt. Douglas Fulton**

Sr. NCO - **MSgt. Rhonda Addis**

Category 1 Civilian - **Fernando Ferreira**

## Suggestions

The following people received an award for their approved suggestions.

**MSgt. Christine Glenn** received \$775 for a suggestion to help reduce transportation costs.

**TSgt. Patricia Collins** and **SSgt. Rosaire Bushey** received \$538 each for their suggestion to replace a paper product with an electronic format.

## Award Continued from Page 1

slacks off," Dittig explained. "We get in the mindset of 'this is what we have to do, how do we get there?' and then everyone has their own input and their opinions count."

The logistics unit has the responsibility within the medical group for all supplies and facilities. "Everything from pencils to X-ray machines comes through us," Dittig said.

"We're very proud of the whole team," said Lt. Col. Roy Ruff Jr., 65th MG Commander. "It took a team effort and their ability has proven its worth not only in their award, but also for every member of Team Lajes who have had nearly transparent transitions from facility

to facility for the last two years."

The 10 Air Force award winners are:

**1st. Lt. Bryan Woolley**

**MSgt. John Dittig**

**SSgt. Brian Walch**

**SSgt. Aurora Carey**

**SrA. Andrea Wright**

**SrA. Cory Ladd**

**Francisco Toste**

**Mena Silva**

**Rui Santos**

**Ana Christina Terra**

## Briefs

*Continued from Page 1*

The high school will put on a play, "Antigone" Jan. 23 and 24 beginning at 7 p.m.

There will be a Parent, Teacher, Student Association general meeting in Bldg. T-233 Wednesday at 7 p.m.

## Advisory council

The Tradewinds Advisory Council will meet Thursday at 9 a.m. at the Tradewinds Dining Facility. Council members will discuss concerns and issues of mealcard customers. Everyone is welcome to attend the meeting. For more information, call Ext. 23564 or 24156.

## Travel card use

Air Combat Command has directed that effective Jan. 1, all personnel who are eligible to have a government travel card (American Express), must use it for PCS-related travel expenses to include dislocation allowance. In accordance with existing policies and regulations, individuals who are authorized a government travel card must obtain cash advances from an ATM. Personnel who are not authorized a government travel card may request travel advances from the local finance office to be paid via electronic funds transfer. This authorization does not apply to individuals who choose not to receive the American Express card or to those who choose not to use the card. This policy change does not deny personnel from receiving advances it only enforces the government charge card as the approved vehicle to receive the advance.

For more information, call TSgt. James Kokaly at Ext. 22410.

## Tax center

The 65th Air Base Wing Legal Office will open a tax center to help members file their federal and state tax returns. The office will be open Feb. 2 in Bldg. T-629, entrance opposite the skating rink entrance.

Form W-2s are expected on base in February for military members.

Electronic filing and direct deposit will be provided free of charge as well as tax preparation assistance.

Hours of operations for the tax center will be posted as they become available. The number for the tax center when it opens will be Ext. 22283 or 22420.





## action lines

The Action Line is your tool to help Team Lajes. However, before you call, try to resolve your issue through the appropriate agency. You may remain anonymous, but for a direct answer, please leave your name and phone number. Items of base wide interest will be published. Use the following numbers to help solve problems through base agencies.



Col. Rod Gibson

Family support	23122	AAFES manager	23209
Commissary	26124	Hospital	23615
Civil engineer	26113	Housing	26251
Chaplain	23411	CE customer service desk	23335
Security police	26114	Telephone service desk	119
Supply squadron	23832	TMO inbound	25168
TMO outbound	24213	Personnel flight	23612
Services	21322/beeper 169-1174		
<b>Action Line</b>	<b>24240</b>		

## Skating rink woes

The hours at the skating rink are ridiculous and my friends and I think they should be changed because right now you have to pay

to get in an hour later because of their shifts. Also, we're not allowed to skate backwards; or have couple skates; people can't play the cup game; we can't use the phone if we need to call our parents; and they need to get more snacks.

The skating rink opened under new management and had a few challenges to work through. First, we reinstated backward and couples skating. The staff are setting up games at designated times during the sessions, to ensure the safety of the participants and other skaters. We've also lowered the age for children to be dropped off at the rink to 9 years, which is in compliance with the youth center. We are permitting skating parties to be conducted during regular open hours. We have contacted several people from comment cards we've received who have asked for a change in hours. You should receive a survey very soon with suggested hours. Anyone interested in using the skating rink is asked to fill out the survey and return it to the 65th Services Division or the skating rink. Thanks for you and your friends' support.

## No blue notes

I've heard it's being considered to put blue notes back on and do away with the childrens'

programming. Our kids need these programs and blue notes could run during spots instead of those silly AFN commercials. I like having 24-hour TV and those people who weren't here before getting it need to realize how lucky we are right now. I'd also like to add I think AFN is going a great job.

TV-8 stopped running the morning 'blue notes' in October when we started digital equipment installation in preparation for broadcasting more channels. As a result, we were able to offer 24-hour programming to our audience, including early morning children's programming. We know our audience depends on blue notes for local information and we're trying hard to increase blue note air time between shows. Thanks for taking the time to recognize the efforts of the entire AFN crew. **(Note: As noted in last week's Crossroads, host nation authorities have approved indefinite 24-hour broadcasting)**

## Housing beautification

I know there's a beautification project underway in Beira Mar as I live on the corner near one of the perimeter fences where they're putting trees in my backyard. I've not problem with the project, but these plants are obviously being put in the ground with no planning schematic. They're putting bushes that should be next to the house in the middle of the yard and they have trees that are completely unrelated spaced evenly and it looked better before they decided to do the planting. If you really want to spend money on beautification, you might want to spend a little more and come up with a planting scheme to make the landscaping more attractive instead of just thrown together.

Thank you for sharing or interest in making the Beira Mar housing area a nicer place to live. We were excited when we were successful in obtaining ACC funding to make the improvements. Our landscaping efforts in Beira Mar was, in fact,

planning by our engineering flight to provide evergreen trees and shrubs throughout the neighborhood. This effort is our first step in making Beira Mar more attractive. We first wanted to address some of the more barren areas which is where we planned more trees. Closer to the units and in some of the smaller open areas we planned smaller trees and shrubs. The shrubs will be spread and provide some added color as most of them are flowering shrubs.

As for the lack of apparent planning, there are several reasons for this appearance. All the utilities that serve the area are underground, so that at some places where we wanted to plant, we could not. Next, we wanted to allow some open areas for children to play. We also wanted a mix of trees to add to the variety and to make the landscape appear as "natural" as possible and yet provide enough mass to be noticeable.

Our next step is to look at smaller shrubs that can grow up next to the houses. We will look at shrubs that are low maintenance, will not overgrow and whose roots won't damage the wall foundations or the underground utilities that enter the buildings at multiple points. Hopefully, if funds are available in the future, we can do more landscaping in the open areas as we see how well our new trees will survive.

Finally, if you feel the trees or shrubs are too close to your housing unit or are in your family's way, we can relocate them to another area.

## Letter to the editor

**Editor's note:** The following message was sent after the writer's house was broken into.

My wife and I would like to send heartfelt thanks to those who rallied round and helped us in our hour of need. Thank you for bringing the spirit of Christmas back into our hearts with your overwhelming generosity and kindness.

StrA. Liam Clancy  
65th Communications Squadron

## CROSSROADS

This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas. Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

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Editorial offices are located in Bldg T-100, Room 207, Ext. 23347.

News, features, art and photography are solicited from readers, however, the editor reserves the right to edit copy and judge if submissions are newsworthy or appropriate for the newspaper.

The deadline for submission is one week prior to the publication date.

All photographs are Air Force photographs unless otherwise indicated.

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www.lajes.af.mil/pa/65thpa.htm



**Q** I've heard that the island is shaped like a mushroom...with a large base, a narrow middle and blossoming out again above the surface. Is this true?

A: I'm not sure where people keep hearing this, but I seem to get this question about twice a year. Fortunately, this is not true and everybody can sleep rested. According to the Volcanology Center of the Azores' Regional Service for Civil Protection, the topographical maps of the island and the ocean floor show that the island's base is actually much larger than the island itself. Terceira Island, like other Azorean islands is of volcanic origin and its base is an agglomeration of magma. This question is a rumor that in fact circulates around the island once in a while but has no credibility.

**Q** Is it true that new parents are restricted from naming their babies certain names in Portugal? Why?

According to the current Portuguese legislation, the names given to a newborn must be part of a list previously approved by the Portuguese Civil Registration Office. This is to prevent parents from giving their children foreign names which would not make sense in the Portuguese language, and also to preserve our cultural identity.

However, according to the Civil Registration Office, foreign citizens such as members of the U.S. military and civilian members who temporarily live in Portugal, may choose any name for their babies who were born in Portugal. They must, however, present a statement issued by their respective embassies or consulates stating



the name will be accepted in their origin country, and that the newborn will eventually move to that country later. The document must also include the parents' professional status and the reason why they are temporarily living in Portugal.



## Chief lets go secret of promotion success

**CMsgt. George Peters**  
*65th Supply Squadron*

One day, many, many — okay, very many years ago, my Wise Old One called me to his desk. Upon reaching his desk I noticed that little smile at the corners of his mouth which meant he was getting ready to impart some of his great wisdom to me.

So, with eager anticipation I sat down ready to learn.

My Wise Old One (today, we call them mentors) looked at me and said, "Grasshopper, I am going to tell you the secret to getting promoted."

"Remember Grasshopper, this is a secret," — pausing for effect, the WOO then said "study."

"But WOO (that's Wise Old One for those of you who haven't been paying attention), everyone knows that," I said. My WOO just looked at me and started shaking his head in a manner that let me know I had

disappointed him — yet again. "Oh Grasshopper," he said, "don't just study — study like you have never studied before."

Having learned many years before that it was not wise to make the WOO mad, I sat there, not saying a word, knowing he would make everything clear to me. "Grasshopper — last year when you did not make staff sergeant, how many times did you read your study material?"

Meekly, I replied, "three times," knowing what was to follow from WOO. "Three times," he shouted, loud enough for everyone to hear, "No wonder you didn't get promoted."

Then WOO proceeded to tell me what studying really meant. I spoke to WOO last night and asked his permission to also share the "secrets" with all of you — so... all you Grasshoppers gather 'round, listen, and learn.

As soon as you receive any new test material, immediately begin to read it. You do this by underlining only the material that you

think is important. Then, at least four months prior to your test date, pull out all your study material — it's time to get serious. First thing you do is establish a schedule — for example; on Monday, Wednesday and Friday, you study the specialty knowledge test; and on Tuesday and Thursday, the promotion fitness exam manual. Use the weekend to study those areas you are having trouble understanding.

The second thing you do is stick to your schedule. That last point is the key, Grasshoppers — anyone can make out a schedule — only the committed can keep it.

In the first few months of your study schedule, study one to two hours per night. The closer you get to your test date, increase the number of hours you study.

That's it, Grasshoppers — the secret — I never said it was easy.

Remember, Grasshoppers — **getting promoted is no different than so many other things in life — if it's worth having, you must pay a price to achieve it.**





Photos/SrA. Sharon Fairley

**SSgt. Rosaire Bushey**  
Editor

A high, whining squeal which seems to last for only a few seconds followed by a thunderous roar which hangs on the air for minutes. That's life on the flightline and that's the sound which confirms Lajes' mission to provide combat support to U.S. and allied aircraft.

At the forefront of the support spear are the 14 members of the 65th Operations Support Squadron Transient Alert flight - the 24-hour a day, seven-day a week team for 'catching' incoming U.S. fighters and bombers as well as all foreign aircraft.

"We in TA along with the folks in the 629th Air Mobility Support Squadron, are where the rubber meets the road - not only literally with aircraft, but also figuratively, with the mission. This is where it happens," said MSgt. Quinton Owens, transient alert superintendent.

The four person shifts that run TA are tested at two ends of the same spectrum at Lajes, contends Owens. Each end provides different challenges and helps people assigned here go away with more depth in his or her career field.

"All the people in TA are, at a minimum, 5-level crew chiefs on a specific aircraft, although not all 14 on the same airframe," Owens explained. "What this diversity does for us is it allows all the TA members to learn about different aircraft from their teammates. If we have a large F-15 movement coming through, the F-15 crew chiefs will let those of us who specialize in A-10s or other aircraft for instance, get some refresher training for the F-15."

The training isn't limited to just before aircraft arrive, however. Throughout the last few years, TA crews have compiled training books which outline various aspects of individual

aircraft - allowing yet another training tool for the group.

"We do a lot of training here," Owens said. "Especially during the summer months. So, on the one hand our challenge is dictated by the season. On the other hand, we have the summer challenge of a nearly always busy flightline."

The challenges, from either side of the spectrum, are constant. It's a matter of time, when available, to get caught up, work out new training details, or any of a number of items such as equipment maintenance.

"One of the biggest opportunities TA crews get at Lajes is in the area of aircraft management," Owens said. "At a base with aircraft the whole time, it's important to have aircraft and there isn't a lot of 'free' time on the schedule where there are no planes and it's important, especially during the summer months, to use that available time to best advantage. If our folks can't handle their jobs at their next assignment."

For Owens' troops challenges may come and go with the seasons. The PCS season is coming soon and many of the people here will be replaced within a two month period. That creates challenges.

"We're fortunate in that the people we've had here for a long time have helped solve the problems other offices have with turnover," Owens said. "It's important to go and the people who remain here get the new people. It's not an option and we've tailored our training program to meet the needs of the people who remain here."

The training takes place throughout the year because it's not as if there are no planes landing. This week, for



Photo/Courtesy 65th OSS



From left and clockwise —  
 • Marshalling an aircraft into a parking position on the ramp, SSgt. Robert Alford. The aircraft belongs to the Royal Air Force.  
 • The transient alert crews service all types of aircraft including this U.S. Marine Corps F-18 Hornet.  
 • TSgt. John Rowlett, connects electrical power to an RAF L1011 transport aircraft.  
 • SSgt. William Strout, pushes a maintenance stand to an RAF VC-10 refueling aircraft.

and crews.

ally in the winter months when weather diverts many  
 for the infrequency of aircraft landing; on the other  
 full ramp.”

re filled in much the same way - making use of the  
 raining methods for servicing aircraft or working crash  
 education, people may want to take advantage of.  
 Lajes they don't get elsewhere is learning effective time  
 TA crews have their day pretty much filled with  
 ale. Here during the winter months, there is some time  
 for those who will soon become managers, to learn to  
 an get that here, they'll be that much better able to

h the weather, but other challenges come with  
 with it six of the flight's 14 people will depart and be  
 enges all its own.

have a set up a system where we don't have some of  
 said. “The folks coming in are well trained and ready  
 ple into the system quickly and efficiently. Down time  
 s to ensure it doesn't have to be.”

e while the winter months aren't packed with aircraft,  
 instance, the TA crews serviced a group of British

Royal Air Force Tornado fighter aircraft.

“Working with not only the different service's aircraft, but with aircraft and crews from  
 other countries is also good for our alert crews,” Owens said. “We get some great feedback  
 from the foreign crews and they're really easy to work with. It's an interesting twist from  
 seeing the same airplanes day after day and it provides excellent training opportunities for us  
 to see our allies' aircraft.”

Although Lajes TA crews don't provide maintenance for aircraft, they are responsible for  
 providing a parking place and ‘follow me’ service to every military aircraft landing on base.  
 They also provide fueling, nitrogen and liquid oxygen support for those aircraft.

“If a plane was to come in a need some sort of repair they would either have their own  
 maintenance people who, depending on the package, are flying with them, look at the aircraft,  
 or we'd have to call back to the aircraft's home station and they'd send parts and mechanics  
 out to fix it. We don't have the facilities or the people to provide maintenance.”

Teamwork is what keeps the TA crews going throughout the highs and lows of transient  
 aircraft on base and teamwork keeps them ahead of the game before the aircraft arrive.

“We have a great working relationship with both AMSS and with the Portuguese Air Force  
 members who provide us information from station operations,” he said. “We know what we  
 do here is important, but we're also aware of the fact that we can't do it alone. There are  
 dozens of units and agencies who support our efforts out here and without their help we  
 wouldn't be able to catch a single plane. While it's nice to be thought of as the tip of a spear,  
 it's also important to keep in mind there's a lot more than the tip that makes up the whole  
 spear.”





# EQUAL list for returnees out Jan. 13

**RANDOLPH AIR FORCE BASE, Texas (AFNS)** — The latest Enlisted Quarterly Assignment Listing of available overseas returnee enlisted assignments becomes available at military personnel flights and on the Air Force Personnel Center's World Wide Web home page Tuesday.

This list includes assignments for people eligible to return from overseas in May through July 1998.

Personnel officials recommend assignment preferences be updated by Jan. 29 to ensure the information is updated in the computer system

before actual assignments are made. Officials with AFPC here say assignments will be released on or about March 2.

EQUAL advertises upcoming assignment requirements by Air Force specialty code and rank, and gives people a chance to update their assignment preferences to more realistically match vacancies that will be filled in a particular cycle.

Local military personnel flights offer a publication entitled, "Enlisted Overseas Returnee Counseling Handout" which explains how to use EQUAL.

New listings are released quarterly for assignments available at overseas locations as well as assignments available for those returning from overseas areas. All special duty assignments appear on EQUAL-Plus and are updated weekly.

Military personnel flights and Commanders Support Staff (CSS) offices have copies of the listings and can help people update their preferences. People who are on temporary duty during the advertising period should contact the nearest personnel office for assistance.

People can access the list on the AFPC home page at <http://www.afpc.af.mil>; then click on the "enlisted" text. The list is also available through the Air Force's Home Page at <http://www.af.mil>, under "careers."

## AMC now largest international carrier at eastern airport

**2nd Lt. Daryl Eli**  
*305th Air Mobility Wing Public Affairs*

**MCGUIRE AIR FORCE BASE, N.J. (AFNS)** — The sun broke out of the clouds and beamed through the skylights at Maryland's Baltimore-Washington International Airport just in time for the opening ceremony honoring the airport's new \$140 million international terminal earlier this month.

Lt. Gen. John Handy, 21st Air Force commander, and Brig. Gen. Craig Rasmussen, 305th Air Mobility Wing commander, were present to admire Air Mobility Command's new northeast passenger gateway which stands as BWI's largest international carrier with nine ticket counters.

Officially opening Feb. 1, AMC's gateway has already seen off passengers via contract carriers. The gateway has gradually increased the number of weekly flights out of BWI since operations began there Oct. 1. Over the next few months, the AMC gateway will drive toward processing some 200,000 passengers annually on international and domestic routes.

The team of 14 airmen who work at the gateway played a key roll in its planning and design. A new 3,000-square-foot United Service Organizations lounge is also under construction adjacent to the new international terminal to support Department of Defense travelers and their families.

"We coordinated with the Maryland Aviation Authority and [planned it] from the ground

up," said SSgt. Antonio Brock, a passenger service agent with the 305th Aerial Port Squadron, McGuire Air Force Base, N.J. "We did everything from picking out the carpet [and] wall colors, to [selecting] the office equipment."

The northeast gateway is transferring from Philadelphia International Airport to BWI to better serve AMC's passengers because of BWI's proximity to several military installations in the Washington area.

Maryland Governor, Parris Glendening, referred to BWI as the "airport of the future" - citing how both light rail and Amtrak stops at the airport will make traveling easier. The AMC gateway will bring about \$25 million in revenue to the region per year, he said. (Courtesy of AMC News Service)

## Americans' remains returned to families

**WASHINGTON (AFNS)** — The remains of three American servicemen previously unaccounted for from Southeast Asia have been identified and were returned to their families for burial in the United States.

They are identified as Air Force Majors Glenn Belcher, of Fessenden, N.D.; and Ronald Sittner, of South Euclid, Ohio; and 1st Lt. Brent Davis, Marine Corps, of Santa Clara, Calif.

On Dec. 31, 1967, Belcher was leading an armed reconnaissance mission over Laos when others in his flight observed the A-1E Skyraider

roll several times before striking the ground. A search of the area revealed no evidence to demonstrate that Belcher had survived the crash.

On Aug. 23, 1967, Sittner and the aircraft commander were flying an F-4D Phantom on a strike mission over North Vietnam. Their aircraft was hit by air-to-air missiles and crashed over Thai Nguyen Province. The aircraft commander was captured and later released during Operation Homecoming in 1973.

Joint U.S.-Vietnamese teams investigated this incident three times between 1990 and 1992. Local villagers were able to accurately recall the shoot down and described finding the remains of a pilot hanging in a tree. They reportedly buried the body nearby. A team excavated a suspected burial site and found remains and crew-related items. The remains were determined to be those of Sittner.

On March 18, 1966, Davis and a crewmember were providing electronic countermeasures for an air strike over Nghe An Province, North Vietnam when his EF-10B Skynight exploded in midair. No contact with either man after the explosion was ever established. The cause of the explosion is unknown, however, it's probable the aircraft was struck by an enemy surface-to-air missile.

In 1993, a joint U.S.-Vietnamese team interviewed local villagers who provided information on this incident. They reported that one American had ejected but his parachute failed to open. The other pilot was found dead at the crash site. A villager turned over remains he claimed to have recovered from the crash site.

With the identification of these three servicemen, 2,099 Americans remain unaccounted-for from the Vietnam War.





# Clean out the stash, it's time to live healthy

**Leigh Ann Fulton**  
*MicroFit specialist*

Ever have a bag of chips that were supposed to last the entire week only to see them evaporate during one TV show? If so, you're not alone.

Some foods are called 'junk' food because they have little nutritional value and are often high in calories, fat, sodium or sugar. But we eat them anyway.

The truth is that junk foods can have a place in a nutritious diet. An occasional bag of potato chips or candy won't hurt you, but if the so-called junk foods become a regular part of your diet, they can interfere with your nutritional health.

If you feel you are a junk food junkie and would like to change your eating habits, start gradually, making one change at a time. Begin by switching to low-salt varieties of your favorite snack chip or cracker. If sweets are your downfall, try baking your own treats and reducing the amount of added sugar and fat by half. If you're certain you can't live without candy, save it for a special occasion rather than an every day indulgence.

If you start slowly and give yourself time to adjust to new habits, you'll be more likely to keep up with them. You won't feel as if you're depriving yourself. Each successful step will motivate you to follow through with the next step.

It's unrealistic to think that junk foods will never pass your lips again. But it's realistic and healthful to limit the amount of these foods you eat. If you have questions about your eating habits, exercise habits, would like nutritional counseling or desire a MicroFit analysis, call the Health Hut at Ext. 23889 or 26278.

# Personal trainers available through the fitness center

**Ginny Gaffney**  
*Certified personal trainer*

Rich and famous celebrities have personal trainers, but you don't need to be rich or famous to reap the benefits of hiring a personal trainer. More and more people, novice and veteran exercisers alike, are working with personal trainers because they offer a practical and affordable means of getting and staying healthy.

Many people automatically equate training with gyms full of hard-core strength trainers and body builders. This is only part of the picture. Anyone can use a trainer for a variety of reasons. Sport-specific training can help people improve their golf game, running for better speed or endurance, help their softball swing pack more punch or help people lose weight and improve cardiovascular fitness.

Tailor-made training is the unique factor in personal training. Trainers wear many hats - serving as role model, educator and a major source of motivation and encouragement.

Some people want constant supervision several times per week and others prefer to see a trainer on occasion to update their program. It's the novice exerciser, however, who may find a trainer most

valuable. Working with a trainer for a few sessions is often all it takes for people to feel comfortable with independent exercise.

Services offered within the personal training sessions are: fitness evaluation, a personalized exercise goal-oriented program, supervised safe exercises, caloric and fat intake recommendations and special needs requirements.

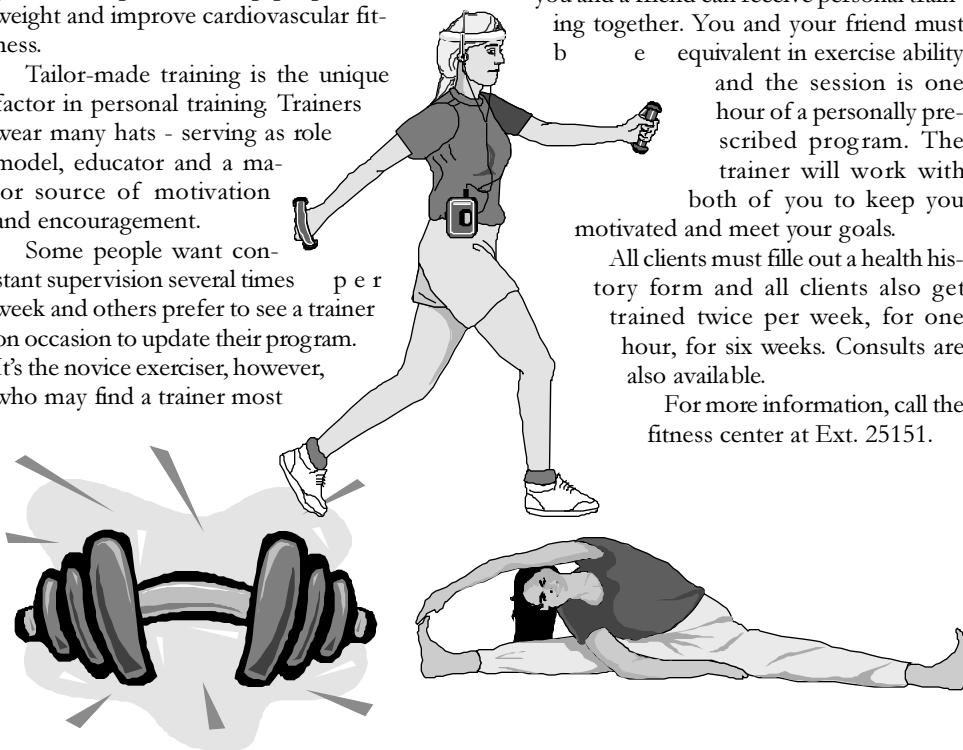
Once you've made the decision to hire a trainers, all that's left is to find one who best suits your needs. Make sure you can get along well with them and find one who is genuinely interested in helping you.

The Chace Fitness Center has a personal trainer available to help meet your goals and a new program starting in 1998 is the "exercise with a buddy" program. For a reduced price, you and a friend can receive personal training together. You and your friend must be

equivalent in exercise ability and the session is one hour of a personally prescribed program. The trainer will work with both of you to keep you motivated and meet your goals.

All clients must fill out a health history form and all clients also get trained twice per week, for one hour, for six weeks. Consults are also available.

For more information, call the fitness center at Ext. 25151.



## Sports briefs

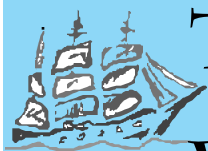
### Sports notes

- An invitational racquetball tournament will be held Jan. 25 from noon to 6 p.m.
- A meeting for the coaches of unit intramural chess teams will be held Tuesday at 10 a.m. in the community center. The sea-

son begins Jan. 20.

### Youth bowling

Bowling for ages 3 up to 18 starts Sunday at 1:45 p.m. at the bowling alley. For more information, call Bob Cannon at Ext. 28169.



## TRADE WINDS

### Saturday

Lunch: Sukiyaki, Chinese five spice chix, pasta primavera

Dinner: Grilled ham steak, szechwan beef, tuna-noodle casserole

### Sunday

Lunch: Baked Italian sausage, grilled mock fillet steak, vegetarian pizza

Dinner: Pork chop suey, baked and fried chicken, ginger pepper steak

### Monday

Lunch: Cajun meatloaf, iscas a Portuguesa, chicken chow mein

Dinner: Stuffed green peppers, roast turkey, sasauge, peppers and onions

### Tuesday

Lunch: Beef alcatra, spaghetti, pepperoni pizza

Dinner: Swedish meatballs, fried fish portions, gingered pork

### Wednesday

Lunch: Sauerbraten, ervilhas a Portuguesa, jaegerschnitzel

Dinner: Barbecue beef cubes, chicken vega, pasta primaera

### Thursday

Lunch: Tamale pizza, balcalhau, cozinha velha, baked and fried chicken

Dinner: Lasagna, tempura fried fish, turkey enchiladas

### Jan. 16

Lunch: Lombo de porco, Italian meatloaf, vegetable chow mein

Dinner: El rancho stew, mustard dill baked fish, beand and cheese enchiladas

(Note: Menu subject to change without notice. Daily hotline menu: Ext. 24248.)

## Briefs *Continued from Page 5*

### Community center notes

• The community center tour in February to Graciosa is the 14th to 19th, not Feb. 16 to 19 as previously advertised.

• Single elimination pool tournament Jan. 20 at 6:30 p.m. Prizes for first and second place.

• CC tours offers a trip to Graciosa Feb. 16 to 19. The last day to sign up is Jan. 10.

• The center hosts an arcade tournament every Thursday at 7 p.m. Featured games for January are: Thursday - Killer Instinct; Jan. 23 - Neo Geo; and Jan. 30 - Gun Fighter. Games are subject to change depending upon availability.

• A table tennis tournament will be held Jan. 24 at 11 a.m. This is a single elimination tournament and prizes will be given for first and second place.

• Portuguese language classes begin Jan. 22 from 6:30 to 8 p.m. The six week course is taught every Tuesday and Thursday and cost \$50.

### Library notes

• Storytime is held every Wednesday at 10 a.m. in the library and volunteers are needed to help during storytime hours. For more information, call Ext. 23688.

• The reference library is offering the following orientation tours:

— Thursday, 7 p.m., learn how to use CD based programs like the Social Issues Research Series and the SIRS government reporter.

— Jan. 22, 7 p.m., learn how to research using internet browsers, sites and search engines.

— Jan. 29, 7 p.m., learn how to use FirstSearch's 60 on-line databases.

To celebrate Martin Luther King Jr. Day, the library will have bibliographies available before and after the holiday. The library will be

*Continued on Page 11*

Call Ext. 22369



[busheyr@abw65.lajes.af.mil](mailto:busheyr@abw65.lajes.af.mil)

• 1993 PGO Comet 49cc scooter, \$600. Call Ext. 24205 or 57708.

• Free to good home - 3 year old yellow cat, declawed, neutered, very friendly and loves to play in water. All toys, covered litter box, travel cage and houses. Shots are current. Not an island cat. Due to retirement plans will not be able to take with us. Call Ext. 28784 after 5:30 p.m.

• 1984 Honda Civic. Inspection valid through February 1999. \$1,500. Call John at Ext. 28469 after 5 p.m.

• Found a jacket at the gym shortly before Christmas. Identify it and retrieve, call Ext. 28450.

• Free kittens. Two awesome, lovable housecats are in need of continued love. Our children are allergic. He's been neutered and she's been spayed. They're inseparable. Shots are current. Call Ext. 28933.

• 1994 Mercury Sable station wagon, light green color, asking \$11,500. Great car, owner is PCSing to Japan. Call Ext. 28461 or 23745.

• **WANTED** - Packing peanuts. Call Ext. 28790.

• 1990 Ford Tempo 2.4L 4cyl engine, cruise, AC, AM/FM cassette, PS, PB, and automatic transmission. Not an island bomb, \$3,500. Childs electric jeep with battery and charger \$100. Plastic outdoor playground good for children 1 to 7 years of age, it will grow with your child and will not rust, \$125. Call Ext. 28983 for more information.

• Giant size dog kennel, beige. Used indoors for four months. No longer needed, \$75. Call Ext. 27908 or 23713.

• Woman's 21-speed bicycle with saddle bag rack, \$135. Call Ext. 28454.

• 1974 VW Bug, Parting out or take all. New exhaust, ball joints, rear brakes and floor pans are new in the box. Also, 1972 Super Beetle, blue, runs great. Inspected until September, \$800 OBO. Call Ext. 28135.

• Cottage H-160A, \$4,800 OBO. Available immediately. Conveniently located on Santa Rita Hill. Day/night, call Ext. 28193.

**Classified ads run on a space available basis for two weeks.**





## Briefs *Continued from Page 10*

closed Jan. 19.

### Youth notes

- The youth center sponsors a photo session Saturday from 1 to 4 p.m. for appointments and 1 to 3 p.m. for walk-ins. Call Ext. 21197 for more information.

- The teen center will have a cook-out fund raiser Jan. 23 from 11 a.m. to 1 p.m. at Oceanview Park. The cost is \$3 per plate.

- The teen center will have an outing to the Angra indoor swimming pool Jan. 17 from 7 to 10:30 p.m. for children 6 and older. The cost is \$2 for members and \$4 for non-members. A permission slip is required by Jan. 12.

- A checkers tournament will be held Jan. 24 from 8 p.m. to midnight for teens in grades 7 through 12. Prizes will be awarded.

- Basketball night will be held Saturday from 8 p.m. until midnight for teens in grades 7 through 12. The event will be held at the youth center. Call Ext. 23273 for more information.

### AFI 36-2903

#### Tip of the Week

**Courtesy - Lajes First Sergeant's Council**

Do your blue pants pockets stick way open when worn? Does your wallet not fit in the pocket easily, even when you're broke? Do you have to lay down to zip them up like designer jeans? That's a good hint your pants have shrunk. Pants aren't supposed to fit excessively snug. See your clothing sales representative today. Stay safe, stay happy, and most of all stay in standards. Remember, you represent us all.

#### Protestant schedule

Saturday — 6:18 p.m. -  
Lutheran

Sunday — 9 a.m.

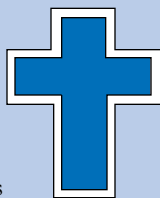
Evangelical service

Noon Gospel service

#### Catholic schedule

Saturday — 5 p.m. Mass

Sunday — 10:30 a.m. Mass



### Thought for the Week

*"The glory of the young is their strength, the dignity of the old, gray hairs."*

Proverbs 20:29

- There will be an LYP social at the Angra indoor swimming pool Jan. 30 from 7 to 10:30 p.m. for ages 6 and up. A permission slip is required by Jan. 28 and the cost is \$3 for members and \$4.50 for non-members.

### Friends of center

The Friends of the Center will have a meeting Thursday in the family support center from 11 a.m. to noon. The organization supports projects for people in the community. New members are always welcome. For more information, call Joanne English at Ext. 24138.

#### Seminars

- There will be a pre-move seminar Tuesday from 2 to 4 p.m. at the family support center for anyone PCSing in the next six months. Information will be available from the FSC, housing, post office, legal office, finance, traffic management, employment assistance and other organizations. Call Ext. 24138 for reservations.

- An environmental morale leave and space available seminar will be held Jan. 20 from 11 a.m. to noon in the family support center. Call Ext. 24138 for more information.

### Thrift shop notes

- The thrift shop is accepting applications for thrift shop bookkeeper. Call Ext. 23567 for more information.

- In addition to its regular hours, the thrift shop will be open the second Saturday of every month from 10 a.m. to 2 p.m. No consignments will be taken.

- The thrift shop is open for sales and consignments to authorized exchange entitled ID card holders only. IDs will be checked at time of purchase.

### Laundry hours change

Effective immediately, the laundry and dry cleaners will have the following hours:

Monday, 10 a.m. to 2 p.m.; Tuesday through Friday, 11 a.m. to 6 p.m.; Saturday, 10 a.m. to 6 p.m.; and Sunday, closed.

### Civil engineer coffee

The civil engineer booster club will host a coffee Thursday at 6:30 p.m. at the community center. People should bring their favorite recipes and if your last name starts with A-L bring a dessert, or M-Z bring a side dish. Reservations can be made by calling Ext. 55512 28354.

### Awards luncheons

The wing quarterly awards luncheon is Jan. 16 11:30 a.m. at the club. The cost is \$6 and the menu is ham croissant or chef salad.

## INTERSTATE CONNECTION

### BLUES MASTERS

THE DOD BAND "CONNECTION BLUES MASTERS" WILL PERFORM AT THE TOP OF THE ROCK CLUB, WEDNESDAY AND THURSDAY AT 9 P.M. AND JAN. 16 AT THE COMMUNITY CENTER AT 8:30 P.M. FOR FAMILIES AND TEENS.



- The wing annual awards dinner is Jan. 23 at 6:30 p.m., with cocktails at 6 p.m. Dress is semi-formal and the cost is \$9 for E-1 through E-6 and civilian equivalents, E-7 and up is \$12. Menu is chicken cordon bleu or baked fish. Tickets must be purchased from first sergeants by Jan. 16.

### NCOA meeting

The Lajes chapter of the Noncommissioned Officer Association will be Jan. 20 at 11:30 a.m. at the club. Enlisted members from all branches of the armed forces are invited to attend and take part in the chapter meeting.

### ESC meets

The enlisted spouses club will hold a general membership meeting Tuesday at 7 p.m. in the club's Lisbon Room. All spouses of enlisted members and civilian equivalents are welcome to attend. The club is also sponsoring a poem/essay contest on the meaning of being a military spouse. One poem or essay will be chosen and read at the Annual Enlisted Heritage Ball. Entries may be submitted to: ESC, 65th SVD, APO AE 09720. For more information on the club, call Ext. 28782.



# Movies

All show times are at 7 p.m. unless indicated. Movies are subject to change without notice. Call Ext. 23302 for information. (V= violence; S=sex; D=drug use; L=language)



## Saturday

**The Little Mermaid**  
(2 p.m.)  
G 82 min  
**Switchback** (7 p.m.)  
R (V•S)  
118 min

• Back again in theater's - it's Disney's Little Mermaid.

• Dennis Quaid and Danny Glover. An FBI agent steps outside his job to find the nameless serial killer who has kidnapped his son.

## Sunday

**A Life Less Ordinary**  
R (V•L)  
104 min

• Cameron Diaz and Holly Hunter. A janitor who has just been fired kidnaps his boss' daughter and takes her on the road. They're pursued by two heaven sent angels who scheme to turn the pair into lovers.

## Monday

**U-Turn**  
R (V•L•S)  
125 min

• Sean Penn and Jennifer Lopez. Bobby is driving through the Arizona desert to Vegas to pay a gambling debt when his car breaks down and he's forced to stop in a desert town where he becomes mixed up in violence and murder.

## Tuesday

**Gang Related**  
R (Not available)  
111 min.

• James Belushi and Tupac Shakur. Two cops lure drug dealers with impounded drugs into their last deal and the duo profits. All is going good until they kill an undercover agent.

## Wednesday

**A Life Less Ordinary**  
R (V•L)  
104 min

• See Sunday for details.

## Thursday

**Switchback**  
R (V•S)  
118 min

• See Saturday for details.

## Jan. 16

**Wes Craven's Wishmaster**  
R (Not available)  
119 min.

• Robert Englund and Kane Hodder. Inside an ancient opal lies a genie who is ready to grant your every wish in ways your worst nightmares could have never imagined.

## SATURDAY

0030 Showbiz Today  
0100 Hot Shots Part Deux  
0300 Cousins  
0500 Headline News  
0530 CNN/SI  
0600 ABW World New Tonight  
0630 NBC Nightly News  
0700 Puzzle Place  
0730 Lamb Chop's Play Along  
0800 Darkwing Duck  
0830 Sylvester and Tweety's Mysteries  
0900 Aaahh! Real Monsters  
0930 Eerie, Indiana  
1000 Nova  
1100 Hometime  
1130 America's Family Kitchen  
1200 Headline News  
1230 Navy/Marine Corps News  
1300 NHL Hockey - Philadelphia vs. Washington

1600 WWF Superstars  
1700 The Entertainers  
1800 Headline News  
1830 ESPNews  
1900 Living Single  
1930 Malcom and Eddie  
2000 Drew Carey  
2030 Nanny  
2100 20/20  
2200 ESPN College Football  
East-West Shrine Classic

## SUNDAY

0100 Saturday Night Live  
0230 Video Links  
0300 Bird on a Wire  
0500 Headline News  
0530 Hour of Power  
0630 Center Street  
0700 Coral Ridge  
0730 Creflo Dollar  
0800 Nightmare Ned  
0830 Arthur  
0900 Dr. Quinn: Medicine Woman  
1000 The Baby-Sitters Club  
1200 Headline News  
1230 Army News  
1300 College basketball - Wake Forest at Georgia Tech  
1500 Pro Golf Weekly  
1530 Headline News  
1600 WCW Pro Wrestling  
1700 NFL Football AFC/NFC Divisional Playoffs  
2000 NFL Football: AFC/NFC Divisional Playoffs  
2300 Headline News  
2330 Wall Street Journal Report

## MONDAY

0000 Computer Chronicles  
0030 America's Black Forum  
0100 Austin City Limits  
0200 Friday Night  
0300 Headline News  
0330 CNN/SI  
0400 NBC Meet the Press  
0500 Sesame Street  
0600 Busy World of Richard Scary  
0630 Kiana's Flex Appeal  
0700 Sesame Street  
0800 Busy World of Richard Scary  
0830 Kiana's Flex Appeal  
0900 Oprah Winfrey  
1000 Port Charles

1030 Guiding Light -  
1100 General Hospital  
1200 Headline News  
1230 MLK Jr. Tribute Memorial  
1300 Today  
1500 What a Mess  
1530 Ace Ventura: Pet Detective  
1600 Captain Planet  
1630 All That  
1700 Sapporo Snow Festival  
1730 ESPNews  
1800 Headline News/News 8  
1830 Navy Marine Corps News  
1900 60 Minutes  
2000 Murphy Brown  
2030 Frasier  
2100 New York Undercover  
2200 Headline News/News 8  
2230 Tonight Show with Jay Leno  
2330 Late Show with Letterman

## TUESDAY

0030 Showbiz Today  
0100 Love Field  
0300 Witch Hunt  
0500 Headline News  
0530 CNN/SI  
0600 Headline News  
0630 NBC Nightly News  
0700 Sesame Street  
0800 Fraggle Rock  
0830 Fitness Beach  
0900 Montel Williams  
1000 Port Charles  
1030 Guiding Light  
1100 General Hospital  
1200 Headline News  
1230 Wheel Of Fortune  
1300 Today  
1500 Naked Rider  
1600 Bobby's World  
1630 Bill Nye, Science Guy  
1700 Jeopardy!  
1730 ESPNews  
1800 Headline News/News 8  
1830 CNN Showbiz Today  
1900 Sliders  
2000 Forget Paris  
2200 Headline News/News 8  
2230 Showbiz Today  
2300 Unsolved Mysteries

## WEDNESDAY

0000 NBA basketball - Seattle at Chicago  
0230 America's Funniest Videos  
0300 Headline News  
0330 CNN/SI  
0400 ABC World News Tonight  
0430 NBC Nightly News  
0500 Sesame Street  
0600 Barney and Friends  
0630 Body Shaping  
0700 Sesame Street  
0800 Barney and Friends  
0830 Body Shaping  
0900 Oprah Winfrey  
1000 Port Charles  
1030 Guiding Light  
1100 General Hospital  
1200 Headline News  
1230 Wheel Of Fortune  
1300 Today  
1500 Life with Louie  
1530 Madeline  
1600 Power Rangers ZEO  
1630 Hidden Temple  
1700 Jeopardy!  
1730 ESPNews  
1800 Headline News/News 8

1830 CNN Showbiz Today  
1900 Moesha  
1930 Home Improvement  
2000 Beverly Hills 90210  
2100 Melrose Place  
2200 Headline News/News 8  
2230 Tonight Show with Jay Leno  
2330 Late Show with Letterman

## THURSDAY

0030 Showbiz Today  
0100 College basketball - Duke at Wake Forest  
0300 College basketball - North Carolina at Maryland  
0500 Headline News  
0530 CNN/SI  
0600 ABC World News Tonight  
0630 NBC Nightly News  
0700 Sesame Street  
0800 Fraggle Rock  
0830 Fitness Beach  
0900 Montel Williams  
1000 Port Charles  
1030 Guiding Light  
1100 General Hospital  
1200 Headline News  
1230 Wheel Of Fortune  
1300 Today  
1500 Animaniacs  
1530 Goof Troops  
1600 Goosebumps  
1630 Nick News  
1700 Jeopardy  
1730 ESPNews  
1800 Headline News/News 8  
1830 Showbiz Today  
1900 The Single Guy  
1930 Mad About You  
2000 Caroline in the City  
2030 Boston Common  
2100 Law and Order  
2200 Headline News/News 8  
2230 Tonight Show with Jay Leno  
2330 Late Show with Letterman

## Jan. 16

0030 Showbiz Today  
0100 Groundhog Day  
0300 Downhill Racer  
0500 Headline News  
0530 CNN/SI  
0600 ABC World News Tonight  
0630 NBC Nightly News  
0700 Sesame Street  
0800 Barney and Friends  
0830 Kiana's Flex Appeal  
0900 Oprah Winfrey  
1000 Port Charles  
1030 Guiding Light  
1100 General Hospital  
1200 Headline News  
1230 Wheel Of Fortune  
1300 Today  
1500 Batman  
1530 Beethoven  
1600 Tailspin  
1630 Space Cases  
1700 Jeopardy!  
1730 ESPNews  
1800 Headline News/News 8  
1830 CNN Showbiz Today  
1900 Nick Freno  
1930 King of the Hill  
2000 Star Trek Deep Space Nine  
2100 X-Files  
2200 Headline News/News 8  
2230 Tonight Show with Jay Leno  
2330 Late Show with Letterman